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MONTHLY



INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals
and groups promoting nutrition education

Dallas, Texas
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WAR FOOD ADMINISTRATION, Office of Distribution

With less of some foods we like to eat, such as meats and sweets, it's good news to know many other foods will be plentiful.

If the weather man doesn't let us down this year, for instance, there'll be plenty of vegetables...and a wide assortment, too. So far, vegetable production this year is expected to top the 1944 record.

Add to this all the foods coming from Victory Gardens and there should be plenty of vegetables to help fill our plates with colorful, tasty foods that have a lot of what it takes to keep good health.

VEGETABLES IN PLENTIFUL SUPPLY

Popular favorites heading the long vegetable list in most southwest markets now include tomatoes, cabbage, onions, carrots, snap beans, squash and lettuce. They'll be plentiful for several weeks. Oranges and grapefruit are still in good supply in most places.

FOOD VALUES IN VEGETABLES

Some of the hidden vitamins in vegetables will prevent some of the results of hidden hunger. This is what doctors call "vitamin deficiencies."

Take carrots, sweet potatoes, broccoli, spinach and other leafy greens, for instance. They have liberal amounts of Vitamin A. This is the vitamin necessary to maintain normal vision at night. It's also necessary for normal growth and for resistance to infections of the respiratory tract.

Citrus fruits are the richest source of Vitamin C which is necessary to maintain healthy teeth and gums and to regulate muscle tone. Some vegetables are also good sources of Vitamin C, especially when they're eaten raw.

Tomatoes are an excellent source. So are cabbage, cauliflower, broccoli, spinach, collards and other leafy greens.

EAT THEM AND LIKE THEM

Industrial feeding has increased the popularity of vegetables among war workers. Many industrial plants now offer special plate lunches that include at least two vegetables.

Some plants provide a choice of hot and cold vegetable plates as well as the meat or meat alternate entree plate special. In many plants 75 percent or more of the workers are choosing plate specials.

This means that many workers have become accustomed to better balanced meals and have learned to eat vegetables...AND LIKE THEM. Better vegetable preparation helps to increase their popularity. When they're cooked a short time in a little water, they look and taste better.

SELECTION GUIDE

When no plate specials are available, here's a guide that will help in selecting the kind of vegetables that go with the main dish. Choose vegetables that add variety of flavor, color and texture as well as food value.

Here are two good combinations:

| 1. | 2. |
|---|--|
| Hamburger cake Mashed potatoes Buttered green beans Cabbage and carrot salad | Fried fish fillet with lemon Parsleyed new potatoes Tossed salad of leaf lettuce, tomatoes, cauliflower and green pepper |

DON'T BLAME THE POTATO FOR PLUMPNESS

Some women won't eat potatoes for fear of getting fat. A potato a day will not cause plumpness.

A medium-sized potato contains only about one-fourth as many calories as a piece of apple pie. It supplies no more calories per average serving than does a large apple or a slice of bread one-half inch thick.

Potatoes contain a goodly supply of Vitamin C, iron and other minerals. Don't pass them up unless you are following doctor's orders.

FOOD ON THE JOB HERE AND THERE

A New England industrial plant sent three women workers to cooking school in Boston. The reason for attending the cookery demonstration was to promote interest in a new series of women's pages in the plant magazine. Each month two pages in the magazine are devoted to recipes, menus and household hints that are helpful to women workers.

A midwestern industrial plant held a Victory Garden contest last fall. Forty-three workers competed for prizes and displayed 454 exhibits. The highest scorer won 8 first prizes and \$33.75 worth of war stamps.

In a West Coast plant, over 95 percent of the workers eat a plate lunch special that includes two vegetables, a vegetable salad, entree, bread, butter, dessert and beverage. The turn-over is 1.6 percent and the absenteeism is 2.3 percent.

THE HISTORY OF THE UNITED STATES

OF THE UNITED STATES OF AMERICA, FROM THE FIRST SETTLEMENTS TO THE PRESENT TIME.

BY JAMES M. SMITH, ESQ., OF NEW-YORK.

IN TWO VOLUMES.

VOLUME THE FIRST.

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